

# Read free Repetitive strain injury a computer users guide

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when we talk about computer related injuries we mean any type of soreness discomfort pain or syndrome that results from using a computer as well as repetitive injuries this includes conditions that are provoked by poor layout of working space improper posture and uncomfortable furniture working at a computer can cause back neck and shoulder pains headache eye strain and overuse injuries of the arms and hands you can help avoid computer related injuries with proper furniture better posture and good working habits computer injuries are those injuries arising from working on the computer here are the most common computer injuries and tips to avoid these as their name suggests repetitive strain injuries are caused by doing the same motion or activity repeatedly until it starts to hurt your body any motion or movement from typing on a computer at work to practicing an instrument can cause a repetitive strain injury if you do it too often repetition awkward posture high force levels and eye strain can lead to discomfort and injury when using a computer here are some ways to reduce your risk exposure repetition alternate tasks share tasks with coworkers take frequent breaks from keying or mousing reduce or eliminate unnecessary work awkward posture without proper computer set up and use there are many injuries that may result tendonitis is the most common problem involving tendon inflammation and localized pain in the elbow forearm wrist or hand

bad posture can cause fatigue muscle strain and in later stages pain repetitive strain injury rsi is a potentially debilitating condition resulting from overusing the hands to perform a repetitive task such as typing clicking a mouse or writing anyone who uses a computer regularly is at risk and should know about rsi migraines and headaches there are headaches and then there are migraine headaches excessive staring at a screen can contribute to the severity and frequency of both your eyes are literally brain stalks that have the ends exposed to the world so everything you do with your eyes directly affects your brain holding a tablet computer too low in your lap can force the vertebrae and the muscles in your neck to bend forward too much causing strain and even injuries to muscles nerves tendons ligaments and spinal discs a repetitive strain injury rsi sometimes referred to as repetitive stress injury is a gradual buildup of damage to muscles tendons and nerves from repetitive motions repetitive strain injuries rsis are common in people who spend a lot of time on the computer the good news is that with posture modifications adjustments to your work environment and lifestyle and a combination of physiotherapy and medical treatment most people can recover well within a few months time method 1 trying lifestyle measures december 22 2014 digital devices can hurt you if you don t use them properly the culprit typically is a repetitive strain injury sometimes called a cumulative trauma disorder which can be caused by excessively repeating the same motion or non motion what causes computer related injuries hitting or getting caught on computer parts falling computer equipment tripping or falling on computer equipment straining muscles or joints when moving a computer who is at risk people of every age are at risk for computer related injury children younger than 5 years are at the greatest risk of injury in fact some computer related injuries are work injuries that affect hundreds of workers every year this article takes a look at the most common computer related

injuries as well as tips for avoiding them common types of injuries in the office environment carpal tunnel syndrome the medical problem associated with computer related work is carpal tunnel syndrome cts cts is a stress related injury caused by repetitive movement of joints especially the wrist and can lead to numerous musculoskeletal problems repetitive strain injuries from computer work can include damage to the tendons muscles and nerves as well as other soft tissues what contributes to repetitive strain injuries there are a number of factors that can contribute to the onset of a repetitive strain injury from working at a computer these include many who use a computer at work or home may be unaware of workstation situations that can increase their risk of development of injury the following references aid in recognizing potential hazards associated at computer workstations and give possible solutions to address those hazards hazard recognition computer workstations osha etool computer related injuries manifest themselves in various ways they could take the form of headaches joint pain strains and more here are a few postural injuries caused by long term computer use you might need to know about 1 disc injuries discusses basic design goals to consider when setting up a computer workstation or performing computer related tasks easy ergonomics for desktop computer users cal osha october 2018 provides suggestions for working safely and reducing risks of injury while working at a desktop computer workstation adjustments for comfort and safety you are probably familiar with the term and the feeling but a repetitive strain injury or rsi is a potentially debilitating condition resulting from overusing the hands to perform a repetitive task such as typing clicking a mouse or writing

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as their name suggests repetitive strain injuries are caused by doing the same motion or activity repeatedly until it starts to hurt your body any motion or movement from typing on a computer at work to practicing an instrument can cause a repetitive strain injury if you do it too often

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repetition awkward posture high force levels and eye strain can lead to discomfort and injury when using a computer here are some ways to reduce your risk exposure repetition alternate tasks share tasks with coworkers take frequent breaks from keying or mousing reduce or eliminate unnecessary work awkward posture

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without proper computer set up and use there are many injuries that may result tendonitis is the most common problem involving tendon inflammation and localized pain in the elbow forearm wrist or hand bad posture can cause fatigue muscle strain and in later stages pain

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migraines and headaches there are headaches and then there are migraine headaches excessive staring at a screen can contribute to the severity and frequency of both your eyes are literally brain stalks that have the ends exposed to the world so everything you do with your eyes directly affects your brain

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repetitive strain injuries rsis are common in people who spend a lot of time on the computer the good news is that with posture modifications adjustments to your work environment and lifestyle and a combination of physiotherapy and medical treatment most people can recover well within a few months time method 1 trying lifestyle measures

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what causes computer related injuries hitting or getting caught on computer parts falling computer equipment tripping or falling on computer equipment straining muscles or joints when moving a computer who is at risk people of every age are at risk for computer related injury children younger than 5 years are at the greatest risk of injury

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repetitive strain injuries from computer work can include damage to the tendons muscles and nerves as well as other soft tissues what contributes to repetitive strain injuries there are a number of factors that can contribute to the onset of a repetitive strain injury from working at a computer these include

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many who use a computer at work or home may be unaware of workstation situations that can increase their risk of development of injury the following references aid in recognizing potential hazards associated at computer workstations and give possible solutions to address those hazards hazard recognition computer workstations osha etool

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discusses basic design goals to consider when setting up a computer workstation or performing computer related tasks easy ergonomics for desktop computer users cal osha october 2018 provides suggestions for working safely and reducing risks of injury while working at a desktop computer workstation adjustments for comfort and safety

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